



BERSTED GREEN LEARNING CENTRE

Hazel Road, North Bersted PO22 9DZ



Saturday 14th January 10.00am—2.00pm

SELF DEFENCE WORKSHOP

Self Defence is a LIFE SKILL

NOT a Martial Art.

SIMPLE and **EFFECTIVE**

techniques everyone can use

INCREASE SAFETY AWARENESS,

BECOME AWARE OF YOUR OWN STRENGTH

will help you improve

your **SELF CONFIDENCE, SELF ESTEEM,**

REFLEX AND BALANCE

tutor: **Caroline Cooper.**

for ages: 18—99 men, women, all abilities

ONLY £5

for more information or to book please phone :

Eileen Rogers 07926 807816



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